

Raleigh Parks & Recreation Adult Tennis

Summer 2012



Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#125731 May 7-Jun 20 M,W 10:00-11:00am
#125732 May 7-Jun 20 M,W 6:00-7:00pm
#125733 May 7-Jun 20 M,W 7:00-8:00pm
#125734 May 8-Jun 21 T,Th 11:00-12:00pm
#125735 May 8-Jun 21 T,Th 7:00-8:00pm
#125730 May 12-Jun 23 Sa 9:00-10:00am

Lake Lynn Community Center

#125736 May 7-Jun 20 M,W 6:00-7:00pm
#125737 May 12-Jun 23 Sa 9:00-10:00am

Kentwood Park

#125738 May 7-Jun 20 M,W 6:00-7:00pm
#125739 May 12-Jun 23 Sa 10:00-11:00am

Lions Park

#125740 May 8-Jun 21 T,Th 6:00-7:00pm
#125741 May 12-Jun 23 Sa 10:00-11:00am

Biltmore Hills Community Center

#125742 May 8-Jun 21 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

#125752 May 7-Jun 20 M,W 11:00-12:00pm
#125753 May 7-Jun 20 M,W 6:00-7:00pm
#125754 May 8-Jun 21 T,Th 10:00-11:00am
#125755 May 8-Jun 21 T,Th 7:00-8:00pm
#125751 May 12-Jun 23 Sa 10:00-11:00am

Lake Lynn Community Center

#125756 May 8-Jun 21 T,Th 6:00-7:00pm

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125791 May 7-Jun 20 M,W 7:00-8:00pm
#125792 May 8-Jun 21 T,Th 6:00-7:00pm
#125790 May 12-Jun 23 Sa 11:00-12:00pm

Lake Lynn Community Center

#125793 May 7-Jun 20 M,W 8:00-9:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#125840 May 8-Jun 21 T,Th 6:00-7:00pm
#125839 May 12-Jun 23 Sa 12:00-1:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

Millbrook Exchange Tennis Center

#125844 May 7-Jun 20 M,W 7:00-8:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. **Millbrook Exchange Tennis Center: Class Fee: \$48**

#125875 May 8-Jun 19 T 9:00-10:00am
#125876 May 10-Jun 21 Th 9:00-10:00am
#125874 May 11-Jun 22 F 9:00-10:00am

Adult Competition

Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. Class Fee: \$24

May 21-Jul 30

#125450 **Women's 2.5** #125445 **Men's 3.0**
#125451 **Women's 3.0** #125446 **Men's 3.5**
#125452 **Women's 3.5** #125447 **Men's 4.0**
#125453 **Women's 4.0/4.5** #125448 **Men's 4.5**
#125449 **Coed Open** May 21-Aug 6

Doubles Ladder

Age: 18yrs and up. Recreational Doubles ladder. Players arrange their own match time and location. The ladder finishes with a season ending tournament for the top 16 players.

Millbrook Tennis Center – Course Fee: \$24

#125435 **Women's 3.5 Doubles** May 21-Aug 6
#125436 **Women's 4.0 Doubles** May 21-Aug 6

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Class Fee: \$40

#125849 May 23-Aug 1 W 9:00-11:00am
#125848 Aug 29-Nov 7 W 9:30-11:30am

Tennis Adult World Team Tennis

Age: 18yrs and up. WTT is co-ed teams competing in a format of 6 no-ad sets. (One set each of men's and women's doubles, men's and women's singles, and ending with 2 sets of mixed doubles.) Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match. Fee: \$ 75

#125859 May 21-Jul 23

Tennis – Free Play For Adults

Location: Biltmore Hills Community Center
Age: 18yrs and up. This program is held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. **Class Fee: \$0**

#125870 May 1-Aug 30 T,Th 6:30-9:00pm

New Policy Changes - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups.

The fee is still based on a 6 week class.

For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.



Raleigh Parks & Recreation Junior Tennis

Summer 2012



Junior Instruction

Tennis Summer Break Tennis

Age: 6-18yrs. Summer Break tennis instruction and play for juniors of all levels. Players will be placed on the court of their ability. The week finishes with match play on Friday. Class meets indoors on rainy days for physical and mental training. Course Fee: \$90/Mon-

Millbrook Tennis Center – Fri 9am-12pm
#125106 Jun 11-15 #125110 July 23-27
#125107 Jun 18-22 #125111 July 30-Aug 3
#125108 Jun 25-29 #125112 Aug 6-10
#125105 July 9-13 #125113 Aug 13-17
#125109 July 16-20

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class. Class Fee: \$48 Weekday/ \$24 Sat.

Millbrook Exchange Tennis Center

#125123 May 7-Jun 20 M,W 4:00-4:30pm
#125124 May 7-Jun 20 M,W 4:30-5:00pm
#125125 May 8-Jun 21 T,Th 5:00-5:30pm
#125121 May 12-Jun 23 Sa 11:00-11:30am
#125122 May 12-Jun 23 Sa 11:30-12:00pm

Lake Lynn Community Center

#125126 May 7-Jun 20 M,W 5:30-6:00pm
#125127 May 8-Jun 21 T,Th 4:30-5:00pm

Tennis Jr. Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125150 May 7-Jun 20 M,W 4:00-5:00pm
#125151 May 7-Jun 20 M,W 5:00-6:00pm
#125152 May 7-Jun 20 M,W 6:00-7:00pm
#125153 May 8-Jun 21 T,Th 4:00-5:00pm
#125154 May 8-Jun 21 T,Th 5:00-6:00pm
#125155 May 8-Jun 21 T,Th 6:00-7:00pm
#125147 May 12-Jun 23 Sa 9:00-10:00am
#125148 May 12-Jun 23 Sa 10:00-11:00am
#125149 May 12-Jun 23 Sa 11:00-12:00pm

Lake Lynn Community Center

#125156 May 7-Jun 20 M,W 4:30-5:30pm
#125157 May 8-Jun 21 T,Th 5:00-6:00pm
#125158 May 12-Jun 23 Sa 10:00-11:00am
#125159 May 12-Jun 23 Sa 11:00-12:00pm

Biltmore Hills Community Center

#125164 May 8-Jun 21 T,Th 4:30-5:30pm

Kentwood Park

#125160 May 7-Jun 20 M,W 5:00-6:00pm
#125161 May 12-Jun 23 Sa 9:00-10:00am

Lions Park

#125162 May 8-Jun 21 T,Th 5:00-6:00pm
#125163 May 12-Jun 23 Sa 9:00-10:00am

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125174 May 7-Jun 20 M,W 4:00-5:00pm
#125175 May 7-Jun 20 M,W 5:00-6:00pm
#125176 May 8-Jun 21 T,Th 4:00-5:00pm
#125177 May 8-Jun 21 T,Th 5:00-6:00pm
#125172 May 12-Jun 23 Sa 9:00-10:00am
#125173 May 12-Jun 23 Sa 10:00-11:00am

Lake Lynn Community Center

#125178 May 8-Jun 21 T,Th 4:00-5:00pm

Tennis Jr. Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125467 May 7-Jun 20 M,W 5:00-6:00pm
#125468 May 8-Jun 21 T,Th 4:00-5:00pm
#125466 May 12-Jun 23 Sa 11:00-12:00pm

Tennis Jr. Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$96/\$48

Millbrook Exchange Tennis Center

#125483 May 8-Jun 21 T,Th 5:00-6:00pm
#125482 May 12-Jun 23 Sa 12:00-1:00pm

Junior Competition

USTA Jr. Team Tennis

Age: 6-18yrs. Come to try outs Tuesday or Wednesday May 15 or 16, 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. 8U/10U practices run Fri 5-6:30pm and matches are Sat 9-10:30am. 12U/14U/18U practices run Mon+Wed 1:30-3:30pm and matches are Tue+Thur 1:30-3:30pm starting June 8th. Players must also pay USTA annual membership(\$20) + local league fee (\$10). Fees include a team shirt, Smash Tennis Magazine, access to tournaments + a first time tournament fee voucher.

#125505 8U Beginner	#125500 12U Bronze
#125506 8U Intermediate	#125501 12U Silver
#125502 10U Advanced	#125499 14U Bronze
#125504 10U Beginner	#125498 14U Silver
#125503 10U Intermediate	#125497 18U Silver
	#125496 18U Gold

Tennis Jr NJTL

Age: 6-16yrs. Coaching and league play for beginner and low intermediate players. They will learn the strokes, scoring, rules and how to play a match. Practices are Monday and Wednesday 1:30-3:30pm and matches are Tuesday and Thursday 1:30-3:30pm against the other sites. Season ending tournament July 26-29. Choose a park location that works for you. Jun 11-Jul 26 M-Th. Class Fee: \$45
Biltmore Hills #125569 **Carolina Pines** #125570
Chavis #125571 **Glen Eden** #125572
Lake Lynn #125573 **Millbrook** #125574
Optimist #125575 **Worthdale** #125576

Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments.

Lake Lynn. Class Fee: \$168

#125675 May 8-Jun 21 T,Th 7:00-8:30pm

Tennis Junior Instruction 8U

Age: 6-8yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#125881 May 7-Jun 20 M,W 4:00-5:00pm
#125877 May 7-Jun 20 M,W 6:00-7:00pm
#125882 May 8-Jun 21 T,Th 5:00-6:00pm

Tennis Junior Instruction 10U

Age: 8-10yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#125891 May 7-Jun 20 M,W 5:00-6:00pm
#125892 May 8-Jun 21 T,Th 4:00-5:00pm
#125887 May 8-Jun 21 T,Th 6:00-7:00pm

To check for weather related cancellations, visit www.raleightennis.com. Click "City Programs" For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.